



Tallil Times

Vol. 1, Issue 36

332nd Air Expeditionary Wing, Tallil Air Base, Iraq

Friday Jan. 9, 2004

USO tour comedians rock Tallil

Story and photos by
Tech. Sgt. Bob Oldham

332nd AEW Public Affairs

Airmen here enjoyed a night of laughter Jan. 2 when Colin Quinn's "Bringing Up the Rear" comedy tour stopped by for a two-hour United Service Organizations morale performance.

The show was the first for airmen deployed here as part of Air and Space Expeditionary Force Silver.

Other USO tours had been scheduled in the past, but they never materialized for one reason or another.

The comedy show was a hit with airmen here as Mr. Quinn and two other comedians – Laurie Kilmartin and Jim Norton – poked fun at life in Iraq, themselves, relationships and just about anything else the trio could dream up.

"It was great to hear everyone laugh so hard," said Staff Sgt. Eliza Kindle, deployed here from Wright-Patterson Air Force Base,



Laurie Kilmartin revved up the audience with her 30-minute show. Ms. Kilmartin and Jim Norton

warmed up the crowd before featured comedian, Colin Quinn, took the stage.

See **COMEDY** on Page 3

New law protects servicemembers

WASHINGTON (AFP)—A new law replacing the Soldiers' and Sailors' Civil Relief Act of 1940 provides servicemembers greater protections to handle personal financial and legal obligations, officials said.

President Bush signed the Service Members' Civil Relief Act into law Dec. 19.

"The focus of the (new act) is the same as under the SSCRA: To provide protections to servicemembers who have difficulty meeting their personal financial and legal obligations because of their military service," said Lt. Col. Patrick Lindemann, deputy director for legal policy in the office of the

undersecretary of defense for personnel and readiness.

This is significant, because it clarifies and updates SSCRA provisions and adds some protections.

"Servicemembers on long-term deployments, or called to active duty, should not have to worry about their families in their

absence being evicted from their quarters without sufficient legal protections, or that they are paying on a leased car or apartment that they can't use, or about civil legal proceedings they can't attend because of their deployment," he said.

"These are some of the situations the SCRA covers so that servicemembers are able to devote their energies to the mili-

See **LAW** on Page 8



Commander's Corner

Tallilians,

Most of you recently reached, or very soon will reach, the midpoint of your Silver tour here.

I know it's an exciting time to see your number of days left start shrinking, but this is also the time that you can be most susceptible to unnecessary accidents.

You've been doing your job for a couple of months, and things might start to feel routine for you by now. Let me

tell you, in Iraq, nothing is routine and nothing should ever be routine with the mission we accomplish.

Fight the urge to start taking chances and ignoring basic safety rules.

Simple things like always wearing reflective belts and using flashlights after dark and riding the shuttle instead of walking to the dining facility, can make your tour a lot safer.

Let's not get complacent.

Iraqi Fast Facts, Key Events in Iraq's History

Aug. 27, 1921 -- The British install Faisal, son of Sherif Hussein who led Arab revolt against Turks, as king of Iraq.

Oct. 14, 1927 -- Discovery of Kirkuk oilfield, one of Middle East's largest.



Photo by Staff Sgt. Chenzira Mallory

PACKIN' UP: Members of the 332nd Expeditionary Services Squadron pack up the Air Force's dining facility here at Tallil. The dining facility staff served its last meal Dec. 31. Base officials determined the manpower savings was worth the closure to help reduce the operations tempo on the services career field and to cut redundancies on base with the Army-contracted dining facility, which is capable of serving all U.S. military members here.

Tallil Talks ...

What was your New Year's resolution?



Senior Airman Chris Cervantes, 332nd AEW:

"To increase the number of push ups I can do and miles I can run and become a healthier person."



Staff Sgt. Tony Hanson, 332nd ESFS:

"To spend more time with my kids."



Senior Airman Guy Madsen, 332nd ECES:

"To figure out a resolution for next year."



Senior Airman David Shafer, 332nd EMXS:

"Not to come back here."



NEWS BRIEFS

DFAC shuttles

Shuttles run from both tent city gates to the Army dining facility daily from 5 to 9 a.m. for breakfast, 10:30 a.m. to 1:30 p.m. for lunch, 4:30 to 8:30 p.m. for dinner and 11 p.m. to 1:30 a.m. for midnight chow.

Driving in tent city

Only emergency vehicles responding to emergencies, and designated vehicles may drive in tent city. All others will be towed and reprimanded.

Finance hours

Effective immediately, finance and cashier customer service hours are from 8 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. The office is closed Sundays. For more information, contact the finance office at 459-0690.

Parking areas

A parking plan has been established for the north and south parking areas. General purpose vehicles are to be parked closest to tent city. Heavy vehicles are to be parked closest to the roads. ATVs are to be parked in north parking lot only.

Comedy

From Page 1

Ohio, from her third-row seat in the audience. "I believe everyone needed it."

She said her favorite was Jim Norton. "He had me in tears, I was laughing so hard," she said.

"It sounds cliché, but it's the least we can do," Mr. Quinn said. "Really, you guys and women are fighting over here, so that we can go back home and sit there and live good. ... We should be grateful for the opportunity to repay a little bit."

The trio performed in front of a standing-room only crowd of

about 400 of the base's approximately 1,400 airmen.

For airmen who couldn't make the performance, Mr. Quinn and company stayed up into the wee hours of the morning, talking and joking with the troops.

Earlier in the day, the group stopped by various duty sections and common areas on base to meet with airmen, sign autographs, pose for photographs and trade jokes.

Mr. Quinn said he was impressed with the caliber of airmen and said when he was growing up, military service was something he considered.

"Actually, me and my friend told each other we were going to join," he recalled.

"He joined, and I didn't," the comedian added with a laugh.

He said his father, a veteran of the Korean War, regretted not forcing him and his brother into military service.

"Apparently, we were very undisciplined," he quipped.

Asked what type of military member he would have been, he said, "I could have been responsible for

"There's a certain spiritual thing that happens when everyone is living together."

— Colin Quinn

several victories in trouble spots — like South Padre Island, (Texas), Daytona Beach, (Fla.), you know, the trouble spots."

During his trip, he said he experienced the life of airmen in Iraq, such as the austere living conditions and Harvest Falcon toilets.

"There's a certain spiritual thing that happens when everyone is living together," he said. "Maybe it's just from sitting on the (toilet) bowl next to each other, too. I think that brings a lot of equality to man. That may be a good idea from now on. I'm actually addicted to it now. I'm thinking of bringing another toilet into my bathroom (at home) and having friends join me. Then you have somebody to chat with, and they're two inches away from you."

The USO is chartered by Congress as a nonprofit charitable corporation and is not part of the United States government. It's endorsed by the president of the United States and the Department of Defense. Each president serves as the honorary chairman of the USO since its inception, according to the USO Web site.



Funnyman Colin Quinn's body language is just part of his show. He was at Tallil Air Base Jan. 2 as a part of his 'Bringing Up the Rear' comedy tour. The tour, sponsored by the comedian and the USO, is part of Mr. Quinn's efforts to raise the morale of troops and let them know he supports them.

EDITORIAL STAFF

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The Tallil Times

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IN BRIEF

All times are local.

AF Worship Services

Worship is at 332nd Air Expeditionary Wing Chapel, unless otherwise noted.

Catholic

Daily Mass: Tuesday through Friday, 6 p.m.

Vigil Mass: Saturday, 6 p.m.

Confessions: Saturday 5-5:30 p.m. in the Blessed Sacrament Room

Roman Catholic Mass: Sunday at 8 a.m.

Call 459-0038 for information

Protestant

Traditional: Sunday, 9:30 a.m.

Liturgical Communion: Sunday, 10:30

Gospel Service: Sunday, 11:45 p.m.

Contemporary Choir rehearsal: Sunday, 6 p.m.

Contemporary Worship Service: Sunday, 7 p.m.

POC: Chaplain Michael Warner

at 459-0038

Latter Day Saints

Lay-Led Service: Sunday, 2 p.m.
For details, call 573-1107

Jewish

Lay-Led Service: Friday, 8 p.m.
POC: Chapel staff, 459-0038

Muslim

(LSA Adder Chapel)

Prayer: 12:30 p.m. and sunset daily

Bible Studies

Women's

Tuesday, 7:30 p.m. (chapel)

Catholic (RCIA)

Thurs, 6:30 p.m. (chapel annex)

Catholic

Sunday, 7 p.m. (chapel annex)

Men and Women

Thursday 7:45 p.m. (chapel annex)

LDS Study

Thursday, 7:30 p.m. (chapel annex)

Bible Study

Saturday, 6 p.m. (chapel annex)

Christianity 101

Tuesday, 7:30 p.m.

332nd ESVS News

"The Hot Spot" Rec. Center

Today:

Midnight, Armed Forces Network

10 a.m., Beethoven's 2nd

Noon, Dark Angel, Episode 1

2 p.m., Doc Hollywood

4 p.m., The X Files

6 p.m., Dark Angel, Episode 2

7 p.m., Shanghai Noon

10 p.m., American's Sweethearts

Saturday:

8 a.m., Sommersby

10 a.m., Dragon Heart

Noon, Telling Lies I America

2 p.m., Legacy

4 p.m., Moonlight In Valentino

6 p.m., Message In A Bottle

8 p.m., Life Or Something Like It

10 p.m., The American President

Sunday:

8 a.m., Good Burger

10 a.m., Me & Veronica

Noon, Blind Justice

2 p.m., End Of Days

4 p.m., The Haunting

6 p.m., Money Train

8 p.m., A Bronx Tale

Monday:

10 a.m., 3,000 Miles To Graceland

Noon, 8 Mile

2 p.m. Men In Black II

4 p.m., Look Who's Talking Now

6 p.m., About Schmidt

8 p.m., An Affair To Remember

10 p.m., New Jack City

Tuesday:

10 a.m., Daddy Day Care

Noon, Predator

2 p.m., Big Momma's House

4 p.m., Running Red

6 p.m., Austin Powers

8 p.m., Austin Powers: The Spy Who Shagged Me

10 p.m., Gold Member

Wednesday:

10 a.m., Changing Lanes

Noon, Chicago

2 p.m., Spoiler

4 p.m., Deep Blue Sea

6 p.m., Ten Things I Hate About You

8 p.m., Enough

10 p.m., Escape From Alcatraz

Thursday:

10 a.m., The Green Mile

Noon, Friday After Next

2 p.m., Ghost Ship

4 p.m., Pelican Brief

6 p.m., The Rainmaker

8 p.m., Hard To Kill

10 p.m., Twins

AF and Army Notices

Run Routes

Running in groups of two or larger is authorized in two locations: from the BX/PX parking lot and off the main gate road toward the burn pit.

Ziggurat of Ur

Visits to the Ziggurat require a pass. For information, U.S. Army personnel may call 573-1107.

Air Force Services has expanded its tour schedule to include two afternoon visits to the Ziggurat. For more information, call the Air Force Recreation Center at 459-0121.

The schedule is as follows:
Saturdays, Tuesdays, Thursdays:

10 a.m. (show time of 9:30 a.m. at the recreation center).

Sundays and Wednesdays:
2 p.m. (show time of 1:30 p.m. at the recreation center).

Morale Calls

All Army and Air Force personnel are reminded not to make morale calls from work.

Driving on Base

Speed limits on base are 20 mph. Helmets are required in all tactical All-Terrain Vehicles and "Gators."

332nd AEW Warrior of the Week

Airman 1st Class Travis Butler



Unit and duty title: 332nd Expeditionary Logistics Readiness Squadron, fuels distribution operator

Home unit: 99th LRS, Nellis Air Force Base, Nev.

Why other warriors say she's a warrior: "A1C Butler personally delivered over 192,000 gallons of fuel, supporting 250 sorties. He keeps our aircraft flying, vehicles

rolling, power flowing and earned recognition as December's "Fuels" Pumper of the Month." He volunteered his time to complete the repair of an uncontainable 20,000 gallon fuel bladder that provides power to tent city," said his first shirt.

Most memorable Air Force experience: "Being deployed here in Iraq, because I have learned the areas of my career field that are not seen at an established base. Also, I am seeing a part of the world that many never will."



Lt. Col. Brent Wright (right), 332nd Air Expeditionary Wing staff judge advocate, and Master Sgt. Mary Alice Rebis, 332 AEW paralegal, reviews a legal claim with 1st Lt. Kim Kwankoo, a Korean military JAG at Tallil.



Photo by Tech. Sgt. Bob Oldham

General Order 1A

General Order 1A specifically prohibits the introduction, purchase, possession, use, sale, transfer, manufacture or consumption of any alcoholic beverage in Iraq. Coalition partners may be authorized to have alcohol, but U.S. Air Force members are not.

Lt. Col. Brent Wright, 332nd Air Expeditionary Wing staff judge advocate, cautions airmen to abide by the general order. The consequences could be stiff.

"If an airman has violated or failed to obey a lawful general order, the maximum punishment can be a dishonorable discharge, forfeiture of all pay and allowances and confinement for up to two years," the colonel said.

In addition to addressing alcohol, the general order also prohibits privately owned firearms, entrance into mosques or other sites of Islamic religious significance, drug use or possession, pornography, gambling, pets, war trophies and others. For an all-inclusive list of prohibitions, call the legal office at 459-0016.

Tallil's all-Guard legal office hard at work

**Story and photo by
Tech. Sgt. Bob Oldham**

332nd AEW Public Affairs

For some, the base legal office is a place to take care of wills or powers of attorney, but the office staff here does a lot more than that.

Lt. Col. Brent Wright, an Oklahoma Air National Guard staff judge advocate, and Master Sgt. Mary Alice Rebis, a New York Air National Guard paralegal, are teamed together to provide legal advice and counsel to commanders here on such topics as military justice, fiscal law issues; and international and operational laws, such as rules of engagement. In addition, the pair offers free legal advice to servicemembers on a myriad of

personal questions.

"We also take on an international flavor where we work with our coalition partners with the acquisition cross-servicing agreement," the colonel said. When the Air Force provides logistical support to a coalition member, it requests reimbursement for the provided support. Coalition forces that live in tent city pay for their lodging and other support through such an agreement.

"We also become involved when the Air Force trains with our coalition partners," he said. "We cannot use taxpayer money to train foreign forces except in specific exceptions." For example, an exception might be if the training primarily benefits the U.S. military and also meets

a coalition partner's need.

No two days are alike, said Sergeant Rebis. "We spend most of our time on research."

Today's deployed legal office is high-tech. There are only a few books to thumb through to do legal research, so research is done through a resource compact disc or online at a restricted-access Web site for the Air Force's legal teams stationed around the world.

Basic JAG-school training lays the foundation, and then follow-on courses help mold military lawyers and paralegals into well-rounded airmen. Personal experience also helps.

In civilian life, the colonel owns a law practice in Tulsa, Okla., and like many members of the reserve component, he

brings added experience from the civilian sector that some active-duty members don't have.

Both members of the legal team served in the Army Guard early in their careers, and that experience has paid dividends now. Being co-located with Army units on an air base has afforded Colonel Wright and Sergeant Rebis the opportunity to work closely with their Army counterparts, and they draw on their understanding of the way the Army works to educate their fellow airmen.

The sergeant served three years on active duty in the Air Force and eight years in the Army Guard before joining the New York Air Guard, and the colonel served eight years in the Army Guard as an infantryman and JAG before he made his move to the Oklahoma ANG.

This Week In History

Jan. 8, 1944. Developed in only 143 days, the prototype Lockheed XP-80 Shooting Star, Lulu Belle, makes its first flight at Muroc Dry Lake (later Edwards Air Force Base), Calif., with Milo Burcham at the controls. It is the first American fighter to exceed 500 mph in level flight.





Safety First

The ABCs of Safety

Operational risk management is a decision-making process to systematically evaluate possible courses of action, identify risks and benefits and determine the best course of action for any given situation.

ORM enables commanders, functional managers, supervisors and individuals to maximize operational capabilities while limiting all dimensions of risk by applying a simple, systematic process appropriate for all personnel and functions both on and off duty.

Appropriate use of ORM increases both an organization's and individual's ability to accomplish the mission.

Personal risk management is a common-sense approach used to accomplish any task – whether at home or at work.

Take a moment to think things through and identify what the risks are, if they can be reduced, or if the end result is worth taking the risk.

Assess, Consider, Take Action—ACT!

Assess the environment for risk
Be aware of surroundings, duties and tasks on and off duty.

Analyze what could go wrong—
How can I hurt myself?

What are the chances of something happening?

Consider options to limit risk
What can you do about it?
Is it worth the risk to do it?
Does the risk require elevating decision-making?

Take appropriate action
Implement risk controls. (Take preventive action)
Does your action control the risk? (If not start again)
Spread the word! Let others learn from your experience



Photo by Staff Sgt. Nicole Ketchen

British troops lowered their unit's flag during the deactivation ceremony of the No. 1 Air Control Centre held here Sunday. The No. 1 ACC and all

associated British air force personnel are leaving Tallil Air Base for home after approximately seven months of service here.

British air force heads for home

by Tech. Sgt. Yancy Mailes

332nd AEW Historian

A small group of Air Force personnel stood side by side with their British counterparts, Sunday, as the No. 1 Air Control Centre stood down operations at Tallil Air Base.

As the sun set, British airmen watched as their flag was lowered, folded and passed to Wing Commander Phil Cox.

In a ceremonious act, he passed the flag to his commander, Australian Air Commodore Mark Binskin, CAOC director, who then relinquished the flag to Col. Marke Gibson, 332nd Air Expeditionary Wing commander.

American and British forces have been allies for decades, and they have stood shoulder to shoulder throughout Operations Desert Storm and Iraqi Freedom.

It is this strong bond that brought the 1 ACC to Tallil.

By the time Operation Iraqi Freedom began, United States air control squadrons had been on the road for quite some time and needed a break.

When the Air Force asked for assis-

tance, the British stepped up. As part of Operation Telic, the British equivalent to Operation Iraqi Freedom, the 1 ACC arrived at Tallil in May and set up operations.

During their time here, members of the Royal Air Force's No 1 ACC tracked and identified aircraft flying over the skies of southern Iraq.

For aircrews flying into Iraqi airspace, they always heard the familiar accent of their British counterparts. Commodore Binskin praised the British troops for their professionalism and dedication to duty.

"It is impressive what you have done here, working in an austere environment including searing heat and sometimes four-inches of water," he said.

"You had integration problems with the equipment, and the language was always a barrier, but I witnessed testament to how well you have done when I spoke to the coalition aircrews that worked with you day-in and day-out. They all told me how professional you were. On behalf of General (Walter) Buchanan and General Robert Elder I would like to take this time to congratulate you on a job well done."



Airfield Management

Keeping the runway safe and filing the flight plans that make sure you get home

**Story and photo by
Staff Sgt. Chris Stagner**

332nd AEW Public Affairs

Aircraft come, and aircraft go. Whether it's for training or a real-world mission, it's an everyday part of Air Force life. It's what makes the United States Air Force the world's premier air force.

Without certain people to accomplish certain missions, the aircraft will not come, and the aircraft will not go. Maintainers, air traffic controllers, flight engineers, pilots; everyone plays a role to ensure mission accomplishment.

One piece to the puzzle of mission accomplishment is airfield management.

"As the airfield manager, my function is to manage this airfield on behalf of Col. [Marke] Gibson [332nd Air Expeditionary Wing commander]," said Master Sgt. George Sims, 332nd Expeditionary Operations Support Squadron airfield manager deployed here from Langley Air Force Base, Va. "My actions, and those of the other six personnel in my office, affect and reflect on Colonel Gibson's ability to conduct his operations, in direct support of Operation Iraqi Freedom."

Airmen drive more than 40 miles per day while inspecting the airfield in order to ensure aircraft at Tallil Air Base can accomplish their missions, according to Sergeant Sims.

The purpose of the airfield inspections is to check the status of the airfield to assure it is compliant with the established criteria for safety, said Sergeant Sims. The bottom line is to guarantee the safety of flight by examining the condition of the runway, the



Master Sgt. George Sims, 332nd Expeditionary Operations Support Squadron airfield manager, removes FOD from the runway. More than 1,600 pounds of FOD has been removed from the airfield since the Silver rotation began.

bird activity around the airfield and anything else that might affect the safe operation of aircraft and vehicles on the aerodrome.

A part of this process is checking for foreign object damage. Since the beginning of the Silver rotation, the airfield management team has removed more than 1,600 pounds of FOD, according to Sergeant Sims.

"The ability to maintain a FOD-free environment at our permanent U.S. Air Force airfields has always been a significant undertaking," said Capt. Kirk Deitrich, 332nd EOSS Airfield Operations Flight com-

mander, deployed here from Columbus AFB, Miss. "To accomplish that same task at a war-torn coalition airfield is the ultimate test of an airfield management team."

Like many other jobs, the airfield management process here is not necessarily handled the same as it is at home, according to Sergeant Sims.

"Because of being forward deployed there aren't all the essential items on the runway, so you're looking for different things," said Senior Airman Billy Moore, 332nd EOSS airfield management specialist, deployed

here from Offut AFB, Neb.

"Our biggest challenge is the lack of resources and time to ensure we accomplish our function in accordance with the standards we're accustomed to at our home duty stations," added Sergeant Sims. "We cannot allow that fact to stop the mission, so we apply the best fix to a problem and add that item to our list of things to be complete correctly. There are nearly \$5 million worth of construction projects that need to be accomplished on this airfield to bring it to FAA and U.S. Air Force standards."

Outside of the airfield, taking care of flight plans for the aircraft is airfield management's responsibility also. There are differences between here and the states in that aspect of the job as well.

"The main difference between the system we're using here and home is, it's not handled by a civilian air traffic facility, it's handled by military," said Staff Sgt. Shawn Smith, 332nd EOSS, chief of airfield management, deployed here from Edwards AFB, Calif. "The system here uses a template. It allows us more possibilities to change flight plans. You can't do that at home. The system here is more malleable."

"Flexibility has become a huge part of airfield management's mission here," added Sergeant Sims.

Regardless of stateside and AOR differences, airfield management makes sure the job gets done, and they get it done for Tallil airmen, according to Sergeant Sims. "Every wing member typically arrives and leaves Tallil via aircraft. We help to provide and maintain the one resource that everyone depends on ... the airfield."

"Every wing member typically arrives and leaves Tallil via aircraft. We help to provide and maintain the one resource that everyone depends on ... the airfield."

**— Master Sgt. George Sims
airfield manager**



Starting the process for the trip home

by Capt. Mo Schumann

332nd AEW Public Affairs

The 332nd Expeditionary logistics readiness squadron has some of the most popular people on Tallil Air Base, especially for the next couple of weeks.

Although most Tallilians are only halfway through their tour, now is the time the logistics airmen are working with the unit redeployment managers to schedule flights home.

Using a system called the Global Air Transportation Execution System, Tech. Sgt. Terrez Maxwell, NCO in charge of the traffic management office, can see all of the rotators leaving the AOR up to 90 days out. Sergeant Maxwell, deployed here from Kadena Air Base, Japan, urges everyone to work with their URMs and supervisors sooner than later. "It's better to have a reservation and cancel or change, than to try to schedule one later," she said.

Law

From Page 1

tary mission and the defense needs of the nation, and not on civil matters waiting for them at home," he said.

An automatic 90-day stay of civil proceedings upon application by the servicemember is what Colonel Lindemann called "a significant change" in the new act. This applies to all judicial and administrative hearings. Previously, stays were discretionary with the courts.

The new relief act also makes it clear the 6-percent limitation on interest rates for pre-service debts requires a reduction in monthly payments, and any interest in excess of 6 percent is forgiven, not deferred, Colonel Lindemann said. The SCRA also expanded the protection against eviction. Under the SSCRA, servicemembers and their family who entered into a lease for \$1,200 or less could not be evicted without a court order. This amount is increased to

"You should be scheduled for a flight at least 45 days before your projected departure date," said Staff Sgt. Christopher Limbrick, NCO in charge of redeployments, who is deployed here from Hickam Air Force Base, Hawaii. The first step anyone should take, Sergeant Limbrick advises, is to get with their URMs and give them a copy of their orders. Once the URMs coordinate the departure dates with supervisors, they will bring the orders to TMO to schedule the flights home.

"Once TMO books you on the rotator, it is our job to get you to the rotator," said Staff Sgt. Mark Ground, NCO in charge of logistics plans, deployed here from Gunter Annex, Ala.

If there are 30 or more people from Tallil on the same rotator, Sergeant Limbrick will coordinate with the Joint Movement Center and Air Mobility Division to provide dedicated airlift out of Tallil.

"We'll produce a schedule of events that

will tell you where to drop bags off and when, what time you need to build your baggage pallets, which are the passenger's responsibility, and coordinate bus pickup at the north end of parking lot," said Sergeant Ground. "Everyone needs to be at the PAX terminal at least 3 hours prior to their flight because changes occur frequently."

If less than 30 people are going, then airmen will fly out of Tallil on a space-available basis. URMs can check scheduled departures, and Sergeant Limbrick suggests a three day window so that airmen don't miss their rotators.

Once airmen reach the final leg of their long journey to Baltimore or Atlanta, it is their responsibility to make sure they have transportation to their home unit. "The best way to do this is to contact your home base commercial travel office and have them book you a ticket," said Sergeant Maxwell. "This will ensure the ticket is refundable if there are any changes to your itinerary."

\$2,400 and added an annual inflation adjustment. For 2004, the maximum will be \$2,465, significantly increasing the number of servicemembers entitled to this protection, said the colonel.

The new relief act also gives the servicemember who has received permanent change-of-station orders or who is being deployed for 90 days or more the right to terminate a housing lease with 30 days' written notice. Before, servicemembers could be required to pay for housing they were unable to occupy.

One of the more significant new provisions is an added protection for motor-vehicle leases. Any active-duty servicemember who has received PCS orders outside the continental United States, or who is being deployed for 180 days or more, may terminate a motor-vehicle lease. The law prohibits early termination charges.

"Now, servicemembers won't have to pay monthly lease payments for a car they can't use," Colonel Lindemann said.



Photo by Staff Sgt. Chris Stagner

SMOOTHIN': Chief Master Sgt. Jeff Ledoux, 332nd Air Expeditionary Wing command chief master sergeant, smooths concrete while working to lay a sidewalk at the wing operations center.



Courtesy photo

◀ **BLAST FROM THE PAST:** A photo from the first rotation at Tallil Air Base. Heavy equipment lays the groundwork for what is now the EMEDS facility.

BEST

— Give Us Your —

SHOT



Courtesy photo

▲ **PIECE OF SCRAP CAR:** A burned out vehicle on an Iraqi highway.



Photo by Senior Airman Brian Kolfage

▲ **NAPPY TIME:** A photo from the first days of Tallil. Before tent city, airmen got sleep where they could.

Here's How:

We want to see Tallil Air Base and the surrounding areas from the inside and out and we need your help. If you've got a digital camera, then we want to talk to you!

Send us your best digital photo for the week and we'll choose the top shots to be published in the next issue of the *Tallil Times*.

When submitting photos, make sure they are of reasonable quality and in any PC compatible format. Next, make sure you provide us with an accurate description of the event and **COMPLETE** names of all persons pictured.

Photos without complete information cannot be considered. Photos must be in good taste and not compromise safety or security in any manner.

If you have questions, contact the Public Affairs Office at DSN 459-0002 or send your questions directly to tallil.times@tlab.aorcentaf.af.mil.



Expert offers fitness advice

by **Anthony Cook**

14th Medical Operations Squadron
exercise physiologist

COLUMBUS AIR FORCE BASE, Miss. (AETCNS) — Preparation is important for the new Air Force fitness assessment, especially the 1.5-mile run.

People who are just getting started with a running program should consider their current fitness and best starting point, exercise gear and workout options to best prepare them for the new assessments that began Jan. 1.

Choose the correct starting point for you. If you aren't exercising regularly, ease into it using the recommended times and distances on the accompanying charts. Walk and exercise regularly, such as 30 minutes three times a week.

Once you are jogging two to three times a week for at least 30 minutes, your bones, joints and muscles are ready for more intense running workouts. A grassy area or cushioned

track works best to reduce impact stress. You should also continue to run two or three non-consecutive day per week. Only competitive runners need to increase frequency to more than three times a week.

People should use the following equipment to begin training. Wear shoes designed for running that are less than six months old. Choose loose-fitting clothing or clothes that move with you. Layer clothing during cold weather and wear gloves and ear warmers to retain body heat.

During one run each week, try an alternate workout like a tempo run, hill run or interval workout.

For a tempo run, after a warm-up, pick up the pace of your entire run until your heart rate reaches 80 percent of its maximum or your breathing becomes deeper and through your mouth. If you were a car and you had five gears, the gear for this run would be third. Your normal jogs would be second gear, and a brisk walk would be first gear.

For the hill run, warm up, then find a hilly route or use a treadmill with a slight grade, such as a three to five percent incline. Run up the hill for about 30 seconds to a few minutes and jog slowly down. You can also decrease the incline on the treadmill and repeat sequence for a total of 30 minutes. You might feel like you're in fourth gear going up the hilly portion as your heart rate climbs to 85 to 90 percent of its max.

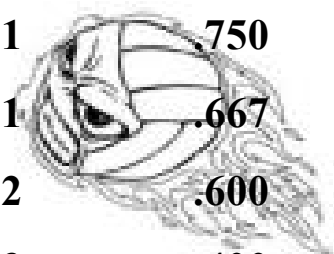
During interval workouts, vary the level of your intensity. After a warm-up, try periods where you accelerate to a fast speed for 10 seconds to a few minutes, then slow down to a slow jog for a similar time frame or distance. Then repeat the process for a total of 30 minutes. Use a variety of these techniques to improve your fitness and performance and run for speed once a month to track your decreasing 1.5-mile time.

Don't forget to practice push-ups and sit-ups, as they're part of the fitness test, too. They should be performed every other day to allow the muscles time in between strength workouts to recover.

Intramural volleyball standings

(As of Thursday)

Squadron	Wins	Losses	Percentage
ECS	4	0	1.000
Brits	4	1	.800
ECES B	4	1	.800
AEW	3	1	.750
ESVS	2	1	.667
ECES A	3	2	.600
EMEDS A 2	2	3	.400
ELRS	0	4	.000
EOSS	0	4	.000
EMEDS B 0	5		.000



Sports briefs

Air Force vs. Army

The Muscle Beach Fitness Center sponsors the 1st Air Force vs. Army Sports Competition Feb. 7-8. Teams will compete in basketball, softball, tug of war, volleyball, flag football and a 10-kilometer relay race. All events are co-ed except for tug of war, which will feature men's and women's teams.

Fitness center officials seek volunteers to be umpires and referees for the events. To volunteer, e-mail Staff Sgt. Eddie Tacub or call him at 459-0136.

Coaches needed

The fitness center still seeks coaches for softball and women's basketball. To volunteer e-mail Staff Sgt. Eddie Tacub or call him at 459-0136.

Tug of war

Fitness center officials are looking for the strongest men and women on Tallil Air Base

to represent the Air Force in the tug of war. Teams will consist of 10 men and 10 women for tug of war.

Tryout schedule

Tryouts for the Air Force vs. Army Sport Competition are:

Saturday, 5-7 p.m., men's basketball tryouts

Jan. 17-18, 3-5 p.m., softball tryouts

Jan. 17-18, 5-7 p.m., women's basketball tryouts

Jan. 24, 1 p.m., 10-kilometer relay tryouts

Jan. 24-25, 5-7 p.m., flag football tryouts

Jan. 31-Feb. 1, 6-8 p.m., volleyball tryouts

5K run, 2-mile walk

The base fitness center sponsors a five-kilometer run and two-mile walk at 8 a.m. Jan. 17. Both events start in front of the wing operations center, next to the four-way stop. Sign up at the fitness center.